

JUNIOR LIFEGUARD
GENERAL ORDERS

In order for the Junior Lifeguard Program to provide a safe and effective learning environment, all Jr. Guards are required to follow these rules:

*Directions: Please return a copy signed to your Junior Lifeguard Instructor the first week of the program.

- ✓ Arrive ON TIME in uniform with required gear in your issued backpack.
- ✓ DO NOT bring any valuables. (Examples: I-pod, jewelry, money, etc.)
- ✓ Cell phones are not allowed to be used during class time.
- ✓ Make-up days are only allowed after missing 5 days.
- ✓ A note is required from the J.G.'s parent/guardian to be excused.
- ✓ DO NOT wear J.G. uniform outside of J.G. class until August 9
- ✓ Please always throw away your trash and any you see.
- ✓ Respect fellow Junior Lifeguards.
- ✓ Exhibit good sportsmanship at all times.
- ✓ Be careful and respectful with JG equipment.
- ✓ Cussing and inappropriate hand gestures are never allowed.
- ✓ Answer all questions with "yes", rather than "yeah", "yep", etc.
- ✓ Remain alert at all times and be responsible for your own safety.
- ✓ Always act immediately upon the request of instructors.
- ✓ Always use the "buddy system". (3 people)
- ✓ J.G.'s should always be polite, courteous, and respectful to all.
- ✓ J.G.'s should always be safe and follow the "rules of the road".
- ✓ JGs will ALWAYS wear a HELMET when riding bikes, no exceptions!
- ✓ Remember: Junior Lifeguards represent the City of Newport Beach.

"I have read the Junior Guard General Orders and I agree to follow them. I understand that violating any of the Junior Lifeguard General Orders, may result in disciplinary action."

JUNIOR LIFEGUARD

SIGNATURE _____

PARENT

SIGNATURE _____